

Impact of Health Education Program on Body Mechanics for Primary School Children

Thesis

Submitted in Partial Fulfillment for the requirement of
the Doctorate Degree in Nursing Science
(Community Health Nursing)

Presented by
Zeinab El-Sayed Othman

(Master Degree in Community Health Nursing, 2011)
(Responsible for Nursing Branch at General Department of
Technical Health Education/ Ministry of Health and Population)

Faculty of Nursing
Ain Shams University
2017

Impact of Health Education Program on Body Mechanics for Primary School Children

Thesis

Submitted to Partial Fulfillment of the requirement of the
Doctorate Degree of Nursing Science
(Community Health Nursing)

Supervised by

Prof. Dr. Sabah Abd El Mobdi Radwan

*Professor of Community Health Nursing
Faculty of Nursing - Ain Shams University*

Ass. Prof. Nadia Hamaed Farahat

*Assistant Professor of Community Health Nursing
Faculty of Nursing - Ain Shams University*

Ass. Prof. Hemat Abd Elmoneem El Sayied

*Assistant Professor of Community Health Nursing
Faculty of Nursing - Ain Shams University*

**Faculty of Nursing
Ain Shams University**

2017

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قَالَ

سَبِّحْكَ لَا إِلَهَ إِلَّا مَا
عَلَّمْتَنَا إِنَّكَ أَنْتَ
الْعَلِيمُ الْعَظِيمُ

صدق الله العظيم

سورة البقرة الآية: ٣٢

Acknowledgments

*First and foremost, I feel always indebted to **Allah**, the Most Beneficent and Merciful. I can do nothing without Him.*

*I would like to express my sincere gratitude to Prof. **Dr. Sabah Abd El Mobdi Radwan**, Professor of Community Health Nursing, Faculty of Nursing - Ain Shams University, under her supervision, I had the honor to complete this work, I am deeply grateful to her for her professional advice, guidance and support.*

*My deep gratitude goes to **Ass. Prof. Nadia Hamaed Farahat**, Assistant Professor of Community Health Nursing, Faculty of Nursing - Ain Shams University, for her great support, tireless guidance and meticulous supervision throughout this work.*

*I would like to thank with all appreciation **Ass. Prof. Hemat Abd Elmoneem El Sayied**, Assistant Professor of Community Health Nursing, Faculty of Nursing - Ain Shams University, for the efforts and time she has devoted to accomplish this work.*

Last but not least, I would like to express my deep thanks to my study sample, those who contributed by giving their time, effort and encouragement to fulfillment this work.

*✍ **Zeinab El-Sayed Othman***

Dedication

I would like to dedicate this thesis to

Soul of my father

My mother

My Husband

and my children

(Habiba, Hanya, Malak and Sherif)

*For their love, support, encouragement
they suffered a lot to accomplish this
work*

 *Zeinab El-Sayed Othman*

List of Contents

<i>Subject</i>	<i>Page No.</i>
List of Abbreviations.....	
List of Tables.....	
List of Figures	
Abstract.....	1
Introduction	2
Aim of the Study	6
Review of Literature	
Part I: Primary School Children and Body Mechanics	7
Part II: Role of Community Health Nurse regarding Body Mechanics.....	35
Subjects and Methods.....	51
Results	67
Discussion	104
Conclusion.....	122
Recommendations	123
Summary	124
References.....	127
Arabic Summary.....	—

List of Abbreviations

Abbrev.	Full-term
BMI	Body Mass Index
CDC	Center for Diseases Control and Prevention
CHN	Community health nurse
CHO	Carbohydrate
Cm	Centimeter
DVD	Digital Versatile Disk
LBP	Low back pain
P	Probability
PSC	Primary School Children
SPSS	Statistical Packages and Software Services
TV	Television
USA	United State of America
WHO	World Health Organizations
χ^2	Chi – Square Test

List of Tables

Table No.	Title	Page
Table (1):	The stages of studied sample selection from Giza governorate.....	53
Results:		
Table (1):	Distribution of primary school children according to their demographic characteristics (No. = 733).	68
Table (2):	Distribution of PSC according to their past and present medical history (2 years ago)... ..	70
Table (3):	Distribution of PSC regarding their knowledge about body mechanics (Pre-/post-program and after follow-up).....	73
Table(4A):	Distribution of PSC regarding their physical activity lifestyle pre/post-program and follow up.....	76
Table (4B):	Distribution of PSC regarding their personal hygiene, medical care, and nutrition lifestyle (pre-/post-program and follow up)	78
Table(4C):	Distribution of primary school children regarding their technological methods usage lifestyle (pre-/post-program and follow up).....	80
Table(5A):	Distribution of PSC according to their body discomfort and visual analogue scale	